

Book Reviews

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DIABETES MELLITUS: Diagnosis and Treatment—Second Edition—Mayer B. Davidson, MD, Director, Diabetes Program, Cedars-Sinai Medical Center, and Professor of Medicine, UCLA School of Medicine, Los Angeles. John Wiley & Sons, Inc, One Wiley Drive, Somerset, NJ 08873, 1986. 589 pages, \$25.

According to the author, the aim of this book is to "offer guidance in making those clinical decisions that are necessary only in the treatment of diabetic patients." To that end individual chapters are devoted to discussing the major issues involved in caring for patients with diabetes mellitus and include the diagnosis of diabetes, dietary treatment, insulin therapy, the use of oral hypoglycemic agents, and the diagnosis and treatment of diabetic ketoacidosis and hyperosmolar nonketotic coma. In addition to these "standard" chapters, there are also chapters on important issues that are frequently not addressed, such as the office management of a diabetic patient, the effects of emotions on diabetic control and diabetic education of nurses, patients and family. The scope of the topics discussed includes almost all clinical situations that a practitioner is likely to encounter.

This book contains a wealth of up-to-date information, much of which was published in the late 1970s and 1980s. Additionally and perhaps more important, the information presented provides practicing physicians with practical guidelines for caring for diabetic patients. Where data are available, the author discusses the scientific basis for his recommendation. Where data are not available, the author presents the rationale for his opinions. Thus this book does not represent a "cookbook" approach to the management of diabetes but rather a source of information and opinions based on the author's interpretation of the data currently available. As many of the aspects of the care of diabetic patients have not been systematically investigated, it is not surprising that not all diabetologists would agree with all of the recommendations in this book. For instance, the chapter on dietary therapy emphasizes the use of exchange lists which I have not found in my experience to be particularly useful. Nevertheless, these differences in opinion do not detract from the usefulness of this book in that it provides a unified approach to care that has been successfully used by an experienced and widely respected diabetologist. Practicing physicians can adapt the various recommendations that are applicable to their particular practice settings.

A number of very favorable features of this book should be pointed out.

- The book is easy to read and the chapters are well organized.
- The tables and figures are very carefully chosen and present important points clearly and succinctly.
- At the end of each chapter a short, carefully written synopsis of the important points of the chapter is provided.
- The book is moderately priced.

In the way of criticism the only significant suggestion that I can make for the future third edition is that in chapter 2, which discusses the general principles of treatment, the discussion of the guidelines for therapy should be expanded to include the goals of therapy, the indication and contraindications to tight control, and the risks of tight control. These topics are discussed in various areas of the book but I feel that it would be helpful to the reader to discuss these issues in one section at the beginning of the book.

In summary, this book provides a great deal of very useful, practical information. The many areas of diabetology are presented in a balanced, thoughtful manner and I can strongly recommend this book to all physicians and health professionals who are involved in the care of patients with diabetes mellitus.

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TROPICAL UROLOGY AND RENAL DISEASE—Edited by I. Husain, MB, FRCS, Senior Urological Consultant, Central and Mafraq Hospitals, Abu Dhabi, United Arab Emirates; former Assistant Professor of Urology, College of Medicine, King Saud University, Riyadh, Saudi Arabia. Churchill Livingstone Inc, 1560 Broadway, New York, NY 10036, 1984. 435 pages, \$55.

Tropical Urology and Renal Disease is a pleasure to read. Dr Husain has gathered together a group of urologists, nephrologists and pathologists experienced in treating urologic and renal diseases in the tropics. This text gives practicing physicians, whether general surgeons, general practitioners or urologists who deal with tropical medicine, a concise, clinically pertinent course book.

In the first section, an excellent review of epidemiology of genital urinary disease in the tropics is precisely presented. This is then followed by a brief but complete chapter dealing with urologic examination and evaluation of a patient in the tropics. Specific tests and sophisticated radiographic evaluation may not be available in third world developing countries and this chapter addresses what can be done with limited resources.

The second section deals with renal failure in patients living in tropical areas. Differential diagnosis for the evaluation of patients with acute renal failure based on epidemiology of tropical renal diseases is concisely presented in clear easily readable format by Visith Sitprija, a nephrologist from Chulalongkorn Hospital Medical School, Bangkok, Thailand. This is followed by a short review of chronic renal failure primarily aimed at maintaining renal function in patients with limited resources. Renal transplantation in the third world is briefly reviewed by Dr George Abouna from Kuwait who had developed a new transplant program there.

There are five sections each dealing with specific inflammatory or infectious etiologies. The chapter dealing with genitourinary tuberculosis is an excellent review of the subject by Drs Anwer Halim and J. G. Gow. This chapter is highlighted by the excellent line drawing examples of radiographs and color photographs of genitourinary manifestations of tuberculosis. Surgical intervention, medical treatment and prevention of this endemic problem are presented concisely and completely.

Urinary stone disease has been comprehensively treated in the section on urolithiasis. An excellent review by W. G. Robertson concerning the epidemiology of tropical urolithiasis is concisely presented. The information concerning the pathogenesis of bladder calculi in children and calcium stone disease in general populations is an excellent review, incorporating up-to-date concepts of pathophysiology. The treatment of stone disease, both surgical and medical management, is also reviewed with emphasis on techniques available in developing third world countries.

Urinary bilharziasis has extensive treatment in this text. This parasitic disease is endemic in tropical climates with significant morbidity for the affected population. Aspects of epidemiology, immunology, carcinogenesis and treatment of the varied manifestations of genitourinary bilharziasis are concisely and thoroughly reviewed.

Other areas of parasitic diseases affecting the genitourinary tract in tropical areas of the world are briefly reviewed in the following sections. Urethral stricture disease, penile carcinoma and external genitalia lesions along with urinary fistula problems are addressed in the following sections.

At the end of this text are comprehensive appendices concerning urologic instrumentation, primarily aimed at nonurologists, and a review of basic sanitation methods to improve public health as it pertains to the transmission of infectious disease in the third world.

In summary, Dr Husain has put together an excellent, concise, well thought out textbook on genitourinary manifestations of tropical diseases and primary urologic diseases as they pertain to the tropical climates in the world. This text will be of primary importance to general practitioners and general surgeons as they deal with diseases affecting the genitourinary tract in the tropical portions of the world.

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